

## Healthy and Safe Foods

11-16-11

- 1. Using one of the advertisements you brought, as assigned, you will cost out a meal for your family of four. The dinner meal must be:**
  - a. Balanced
  - b. Meet menu planning factors
    - i. Color
    - ii. Flavor
    - iii. Temperature
    - iv. Texture
    - v. Shape and appearance
    - vi. Appropriate caloric intake for you
  - c. Cost determined using the USDA Thrifty Food Plans Cost of Foods at Home Sept. 2011
    - i. Access through <https://lthacker.wikispaces.com/>
- 2. In space below write your menu that you will be pricing. The main dish or menu may be the next recipe you prepare in lab so carefully select your menu.**